

Grimes Parks & Recreation

Telephone: (515) 986-2143

Fax: (515) 986-3846

www.grimesiowa.gov



Taekwondo at the GCC by "Martial Arts America"

Program Description:

Martial Arts America will be instructing this program through the Grimes Parks and Recreation Department at the GCC. It's a class that allows ages 6 – 96 to take part together. Martial Arts America has been around since 1985 and is located around Central Iowa. These classes teach courtesy, integrity, perseverance, self-control, and spirit. Register today at the Grimes Rec Office or online.

Who: For Those Ages 6 - 96

Where: Grimes Community Complex Taekwondo Room

Dates: Tuesdays & Thursdays (ongoing and can join now)

Times: 6:30pm – 7:30pm

Questions: Contact Brett Barber, Grimes Parks & Recreation Director at bbarber@ci.grimes.ia.us or at 515-986-2143, **OR** Don and Bonnie Wells of Martial Arts America at 515-963-3494 or dkbwells@iowatelecom.net

To Register: Please show up at class with payment made to Martial Arts America.

Cost: \$55.00 per participant for 2 months



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